

# Cabbage Roll in a Bowl

1 pound ground beef  
1/2 head cabbage, shredded  
1 cup shredded carrot  
1 chopped onion  
1 teaspoon sesame seed oil  
1/2 cup Organic Tamari-optional  
1 teaspoon vinegar  
1 T garlic powder

## Instructions

1. In a large skillet, brown meat with onions.
2. Meanwhile combine spices and liquids in a small bowl and set aside.
3. Add the cabbage and carrot to the skillet and toss to combine. Stir in the sauce mixture.
4. Cover and cook until the vegetables are soft, about 15 minutes.